

STUDY SMART: MAKE TEST QUESTIONS

Students practice studying by making up test questions

Zone In *Question of the Week*

1. Tell students they will present either a YES or NO to the question. They have 2 minutes to put together their arguments.
2. Question: *Should doctors prescribe anti-depression medication to teenagers who are depressed?*
3. Group can divide into YES and NO sides; or assign. Groups chooses a Speaker.
4. Time 2 minutes. Each side's Speaker presents for 1 minute.
5. Ask for show of hands—YES, NO.

Topic *Studying for tests with practice questions* (Materials: **Teenage Depression** ♦ and index cards)

Introduction

Ask: How do you study for English tests? Does anyone have advice?

Explain: Techniques for studying:

- Re-read class notes.
- Re-write or summarize notes. (Go to the Passing Zone for forms!)
- Skim readings (read quickly). Use highlighter, underline, or take notes.
- Know what kind of questions will be on the test. Ask your teacher.
- Make up test questions and answer them.
- Don't wait until the last minute to study.

Activity

Making test questions to help study for tests.

- Distribute the reading **Teenage Depression ♦** and 2 index cards to each student.
- Have everyone read the handout. Students may read in pairs.
- After reading, ask students to think of two test questions based on the reading. Have each student write his/her name and one test question on each index card.
- Collect all the cards, shuffle them, and give them to a student to hand out, two per student.
- Have students answer questions and ask the writer of the question (whose name is on the card) if they gave the correct answer.

Wrap up

Go to the **Passing Zone** for more study ideas. There are index cards for flash cards, and for making up questions. Go with a friend to study.



CLINIC 18 HANDOUT

TEENAGE DEPRESSION

According to Young Minds, in a high school of 1,000 students, 50 of them might be seriously depressed. As many as 1 in 5 could be affected at some time. We investigate why more and more teenagers are suffering from mental illness.

A difficult time

Being a teenager has always been difficult. Emotions and moods change quickly. Many teenagers feel confused and afraid. These days, experts say that things are even harder. Peter Wilson, the Director of Young Minds, says, "We live in particularly difficult times for a growing youngster. There are huge cultural pressures and a lot of broken homes."

No one is happy all the time

Everyone feels unhappy, lonely or misunderstood from time to time. But a few teenagers become depressed for weeks or months without change. They find they can't continue with their normal lives. Many teenagers don't want to ask or don't know how to ask for help. It is usually other people—friends, parents, or teachers—who notice and offer help.

If your friend or you are depressed, there are lots of things that can be done. You can't expect yourself, or someone else, to just "snap out of it."

How to help yourself or someone else

If you are worried about a friend, listen to their problems and try to help them find help. If you're feeling blue yourself, don't panic—you are not the first person to feel like this. Try writing things down, talking to a friend or drawing a picture to express yourself. Most important of all, do something you enjoy, like watching TV, playing sport(s), or just going for a walk.

Talk to someone

It is a good idea for teenagers who feel depressed to talk to someone they like and feel comfortable with. But if they don't want to talk to friends and family there are lots of people who are there to help. They could talk to their teacher, school nurse, or maybe their doctor. There are also telephone help lines which give help to anyone with a problem.